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(54) Title: SELF-CONTAINING LACTOBACILLUS STRAIN

(57) Abstract: The invention relates to a recombinant *Lactobacillus* strain, with limited growth and viability in the environment. More particularly, it relates to a recombinant *Lactobacillus* that can only survive in a medium, where thymidine is present. By this strict dependency upon thymidine, thymidine less death is rapidly induced in this recombinant strain. A preferred embodiment is a *Lactobacillus* that may only survive in a host organism, where thymidine is present, but cannot survive outside the host organism in absence of this medium compound. Moreover, said *Lactobacillus* strain can be transformed with prophylactic and/or therapeutic molecules and can, as such, be used to treat diseases such as, but not limited to, inflammatory bowel diseases.